

SAFETY ON THE LINE

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It's HOT!

"Never lose a chance of saying a kind word"

- William Makepeace Thackeray

We know that it is hot and humid in Florida during our long summer months. It's during these times that we have to be aware of and take precautions to avoid heat stress illnesses and injury. They occur when environmental conditions and a person's metabolic heat load exceeds the body's capacity to maintain normal function without excessive strain. Key environmental components include air temperature and humidity while the person's metabolic components include their actions, rate of work, clothing, and others. Preventing excessive heat strain requires awareness and correct actions by persons performing tasks as well as those supervising or supporting the work. Here are some preventative measures to deal with this safety and health concern.

1. Drink plenty of fluids before, during, and especially after work activity.
2. Wear light, loose-fitting, breathable clothing.
3. Perform the heaviest work in the coolest part of the day and in shade if possible.
4. Take frequent breaks in a cool shaded area to allow your body to cool down.
5. Use a fan to move air in the work area if possible.
6. Avoid eating large meals before working in hot environments.
7. Avoid caffeine or alcoholic beverages as they don't hydrate the body.
8. If possible, build up a tolerance to heat and work activity by gradually working outside for short periods to acclimate your body to the heat.



For additional information, call Gary Bergstrom, CHS Heat Stress Program Manager at 867-2400 or RehabWorks at 867-7497. Space doesn't allow us to print all of the important information on this subject.

Finally, KSC/SGS has a web page which is located at

<http://ksbcoc-3.ksc.nasa.gov/environmentalhealth/heatstress.htm>

Did you know that

there were **NO KSC LOST TIME CASES** in April 2000.

This is encouraging as it demonstrates that the annual goal of no lost time cases at KSC can be achieved. A lost time case is defined as *"a full loss work day after an employee has injured themselves or has been affected by a workplace illness"*. **Do your part and wipe up hallway spills, identify hazards in your workplace, and call the KSC help desks to record real and potential work place problems.**



Do you have questions, comments, or an article you would like to submit? Contact Alan at 867-7554, fax number 867-1120, mail code TA-C1 or e-mail him at "Safety on the Line" found in your global address list. Safety on the Line is also on the Web. Go to the KSC home page, then click on KSC internal page, then find us under NASA/KSC news.